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Herald of Osteopathy

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December 1925

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KIRKSVILLE, MISSOURI

THERAPEUTIC NUGGETS

GEORGE W. GOODE, D. O.

A greater quantity of protein is required by a man doing hard physical labor than by one who leads a more sedentary life.

* * *

Most persons use too much salt and spoil the natural delicious flavors and do harm to themselves for which the future will take toll.

* * *

A glass of cold or hot water upon rising in the morning or at bedtime often extends considerable aid in overcoming constipation.

* * *

Undoubtedly the food-factor is the greatest single factor in modern civilization tending either to preserve or destroy human health and life.

* * *

A very common cause of headache particularly among those of sedentary habits, relates to a torpidity of the bowels resulting in constipation.

* * *

Autointoxication or intestinal toxemia and the ills which grow out of this condition are the result of the putrefaction of food residues in the colon.

* * *

When people get so they understand more about the values of foods and feed their families in accordance with what they know, a large per cent of the diseases which now afflict human beings will be entirely eliminated.

* * *

Walking, which is the most valuable form of exercise, not only relieves the congested condition of the brain, but rests this organ, invigorates the system and aids in furnishing a capable resisting power which goes far to prevent headache.

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IRON AND AIR ARE PARTNERS

IN Alfred W. McCann's book entitled "Science of Eating" are these significant paragraphs:

"The iron in the blood, uniting in the lungs with the oxygen of the air, carries its life supporting freight to the tissues, where it oxidizes or burns up the waste substances so dangerous to life.

"If the blood contains only half the iron necessary to bring into the body the oxygen it requires, it will grow pale and sicken. Iron is indispensable. It is part of the law.

"If the iron is not present in sufficient quantity to keep up with the demand of the body, the oxygen that ought to be inside performing its work, remains outside, ready and willing but unable to enter."

This partnership between iron and air is no indication for the consumption of the various iron tonics that are advertised to the public. Blood building cannot be accomplished to any satisfactory degree by the use of inorganic iron compounds. It is necessary rather to get our iron from the vegetable world, as plant life alone has the power to assimilate and organize inorganic metallic substances and thus prepare them for the animal world.

This partnership, therefore, emphasizes the importance of diet or supplying the body with the proper food elements. The body is a manufacturing plant. The little cells which constitute the workmen require the right raw materials or they will not be able to do their duties as they should and trouble will result. There are about twenty-six billion of these cells in the body, not one of which can long survive without oxygen. So this partnership between iron and oxygen is of vital importance to the body.

The iron in the blood is contained in the hemoglobin or red coloring matter, and the oxygen inhaled into the lungs unites with this, forming what is known as oxy-hemoglobin. In this combination oxygen, with its life giving and health sustaining properties,

is circulated through all parts of the body. In order for each tissue and cell to receive its quota, it is essential that the blood contain the necessary supply of oxygen and that there be no obstructions or interferences with the circulation.

The blood may have plenty of oxygen and iron but if its distribution is interfered with, we have trouble arising. There may be a stagnation or congestion in one part with an over-supply of iron and oxygen while another part may suffer from an insufficient supply. The proper distribution of the blood it will be seen is as essential as is its richness and purity. When either falls below a certain standard ill health is sure to manifest itself.

The good results following osteopathic treatment are due in great measure to improvement the treatment brings about in the circulation of the blood. It relieves tensions and obstructions, overcomes congestion and sluggishness and this helps along elimination and improves nutrition. The circulation of the blood is often interfered with by slight kinks, subluxations or muscular contractions and there is nothing quite equal to Osteopathy in overcoming these conditions and the evil results they bring about. So Osteopathy rightly applied, and proper diet, help along the good results of the partnership between iron and air in the body.

—R.

SOME EVERY DAY CAUSES OF DISEASE

DISEASE at one time was regarded as a visitation of God's wrath, an evidence of his displeasure. But with intelligent people this idea no longer finds favor. We now know that there is nothing supernatural about disease any more than there is about health. If we violate the laws of health, we must suffer. When we go contrary to Nature's laws we invite disease.

Our ailments come as an automatic response to broken health laws. We are organic beings possessing limited powers of adaptation. When conditions arise in which the well-being of the body is endangered, there is a reaction in the direction of self preservation, and the phenomena occasioned by such a reaction are spoken of as disease symptoms.

As an example we may take pneumonia. This is a reaction to exposure, with infection and inflammation of the lungs. Violent

fever, rapid pulse, cough, prostration, etc., represent the dominant symptoms, all of which are purposeful in character,—the object being to repair the damaged lung and restore the body to health again.

With these thoughts in mind we can better understand and appreciate the every day causes of disease. We are better qualified also to act wisely in the matter of disease prevention and cure. So without further comment a few of the most common causes of disease follow:

1. Overwork, particularly nervous or mental overwork and worry.
2. Overeating or eating of wrong food combinations and denatured foods.
3. Toxemia or poison from the intestinal tract or from focal abscesses in the teeth, tonsils, sinuses, appendix, gall bladder, etc.
4. Infection from focal points as above or from exposure to contagion.
5. Unhealthy environment, poor ventilation and carelessness in personal hygiene.
6. Exposure to cold, dampness or extreme heat.
7. Intemperance and dissipation entailing loss of sleep, etc.
8. Impure air or shallow breathing, impure or insufficient water intake.
9. Immorality which gives rise to social diseases—gonorrhea,
10. Heredity by which family weaknesses and predisposition to certain disorders are handed down to offspring.
11. Animal parasites.
12. Accidents and injuries causing mechanical irregularities in the body which produce nerve leaks and interference with the circulation of the blood and lymph.

—R.

RULES FOR AVOIDING HEALTH

MOST articles dealing with health matters are concerned either with prevention or cure, and this is as it should be, since health is what we are all interested in. However, it is well to consider the negative side of a question sometimes and so we are giving below a few rules for avoiding health, not that we are

interested in promoting disease, but rather to call to mind the things that undermine health and the things therefore to be avoided in the prevention of disease.

1. Don't adopt a health program.
2. Don't deny yourself any of the luxuries of life.
3. Don't be temperate along any line.
4. Don't breathe deeply of pure air.
5. Don't eat good wholesome food.
6. Don't insist on free daily evacuation of the bowels.
7. Don't abstain from coffee, tea, tobacco or moonshine.
8. Don't drink freely of pure water.
9. Don't pay any attention to cleanliness.
10. Don't ventilate your office or home.
11. Don't indulge in any health giving recreation.
12. Don't give your body and mind the required amount of rest and sleep.
13. Don't control your emotions and direct them along constructive lines.
14. Don't have your body examined periodically as a precautionary measure against disease.
15. Don't pay any attention to the little beginnings of disease.
16. Don't keep your appointments with the doctor or follow his instructions.
17. Don't take osteopathic treatment to keep your machinery adjusted and tuned up.
18. Don't do any of these things and your stay on earth will be short and full of aches, pains and regrets. —R.

CONTINUITY AND HEALTH

ACCORDING to Carlyle—"Genius is the power of continuity." Some one asked Edison what genius was and he is reported to have replied—"99% perspiration and 1% inspiration." This is in line with the definition given by another great man as follows: "Genius is another name for hard work."

Viewed in this light, genius is really in the reach of practically everybody. The genius manifests enough persistency to

surmount all the barriers that stand in the way of his success. He is inspired by an ideal, desire or vision and is willing to work and perspire if need be for its fulfillment.

A genius does not become weary in well doing. He realizes the meaning of continuity and persists until he has accomplished what he has set out to do.

There is a thought here for those who are seeking relief from ill health. Victory over disease is not generally regarded as a mark of genius and yet continuity of effort is all that stands between many an individual and health.

Most of our illnesses are not difficult to overcome and yet there are some cases that require all that goes to make up genius—perspiration and inspiration backed up by continuity. The quitter does not deserve health, and neither does the person who will not put forth any effort in its attainment.

“Grit makes the man,
The want of it the chump,
The men who win
Take hold, hang on and hump.”

—R.

TOO MUCH

The bride had heard some terrible stories about what men are imbibing these days. So when the young husband went to a poker party one night and was late in getting back, she became very much perturbed. And when he arrived his condition was not what it might have been.

“Yes, dearie,” said he, “I admit I had a few. And coming home I bumped into a lamp post and bruised my forehead. Where’s the iodine?”

“Now, hubby,” gasped the bride, “you positively must not drink that stuff.”—LOUISVILLE COURIER-JOURNAL.

HOW HE WAS

Doctor: “Well, John, how are you?”

John: “I’d be better than I was, sir, but I hain’t as well as I was before I was as bad as I be now.”—EVERYBODY’S MAGAZINE.

THE WHY OF BRONCHITIS

WILGER L. JONES, D. O.

FALL colds are usually prone to develop into cases of bronchitis, and at this time of year especial care should be taken to effectively combat head colds. The type of bronchitis that develops at this time has a tendency to run a chronic course lasting well into the winter months and leaves the patient in a devitalized condition and thus creates a foundation for a more serious disease.

The mucous membrane lining the cavities of the head continues on down into the bronchial tubes and lungs. This continuity of a like tissue makes it possible for infection of the throat to spread on down into the bronchial tubes with a resultant bronchitis.

The onset of an acute bronchitis is accompanied by symptoms of a common cold. Cough and expectoration with a feeling of tightness in the chest and a fever in most cases comprise the more common symptoms.

The proper treatment of bronchitis should really be started before the case has developed into a typical bronchial infection. By realizing the potential possibilities of a common cold and by attacking it in a vigorous way the dangers of bronchial involvement are nil. In early bronchitis complete rest in bed with a mustard foot bath of twenty minutes duration will in many cases be sufficient to abort further trouble. However, in all cases it is advisable to assume that a serious condition prevails and act accordingly. Osteopathic treatment for the purpose of thoroughly relaxing the ribs and spinal segments and equalizing the circulation hastens recovery and gives added protection against any future complications.

We should keep our bodies healthy by early attention to the apparently insignificant symptoms of ill health, as by prophylaxis alone can our well-being be assured. The abundant life we all desire is only possible when in conjunction with moral and mental health good physical health is realized, and as good health reigns again in devitalized organs the joy of living in its fullest meaning is at last attained.

BACKACHE

GEO. W. REID, D. O., M. D.

WOMAN has been defined as a constipated animal with a backache. This is a rather crude definition, nevertheless it contains considerable truth. Most women are constipated and most of them suffer more or less from the backache. And while women do not have a monopoly on either constipation or backache, yet they suffer more from these complaints than men do.

Backache may be due to a variety of causes. It is usually one of the symptoms that go with most febrile diseases such as grippe, pneumonia, typhoid, etc. It may be the result also of indigestion, constipation, gall bladder disease, pelvic trouble, piles and many other disorders of the internal organs.

The pain in febrile conditions such as typhoid and the grippe is usually in the lower part of the back. It is apt to persist until the fever subsides. The backache of gall bladder disease is usually localized under the right shoulder blade. When due to stomach trouble the ache is usually under the left shoulder blade or between the shoulders.

Backache due to pelvic trouble is usually confined to the lower part of the spine, often being more intense on one side than the other, and is worse at the menstrual period. Backache of this type may be wholly reflex from some primary trouble in the pelvis such as uterine misplacement which interferes with the menstrual function, or it may be due primarily to disorder in the back itself. Disorder in the lower part of the back is not only the most common cause of backache but is probably the most common cause of functional menstrual disorder also.

Now as to the cure of backache we can readily see from the various causes mentioned that not all call for the same treatment. Backache due to gall stones cannot be permanently cured until the gall stones have been removed. So far an operation seems to be about the only sure avenue of relief here. But after the operation it is important that the diet be properly regulated because gall stones are the outgrowth of repeated dietary errors, coupled with certain other predisposing factors.

When the backache is due to stomach trouble then this organ

must be brought back to normal. Here diet may be an important factor. The osteopathic physician often succeeds in overcoming stomach disorders that have failed to respond to all other kinds of treatment. These results are brought about by adjustment of the spine and ribs in the region where the nerves pass out to the stomach.

Backache where the pelvic organs are concerned can be cured in most cases. If it is wholly reflex, due to a flexion of the uterus, its cure is very difficult. This type, however, is not nearly so common as that where the back itself is at fault. The lesion that probably causes more backache than all others combined is usually found at the junction of the spine with the pelvis—the lumbo-sacral joint.

Here is a joint that anatomically and mechanically is unable to bear up under the tremendous stress that is imposed upon it in a large percentage of people. The result is that it is the seat of more or less trouble at times in almost every adult. It seems to be weaker in women than in men and this accounts for the greater frequency of backaches in the former.

A great deal might be written as to the importance of this strategic joint but the vital question concerns that of adjustment. What are the prospects of getting rid of backache and the other effects due to lesion or disorder at the lumbo-sacral joint? Under osteopathic treatment the results are nearly always satisfactory. Some chronic cases require persistent treatment in order not only to adjust the bones to their rightful position but to normalize the soft structures about them.

For backache there is nothing comparable to osteopathy. It gets at the roots of the trouble no matter what its character may be. Where surgery is needed it is recommended. Comparatively few cases, however, really need surgery. The most potent remedy is adjustment applied to the parts at fault, combined, of course, with the indicated dietetic and hygienic care. Thus, you can bring your backaches to the osteopathic physician with full assurance that you will get the best treatment that medical science now has to offer for such conditions.

MELANCHOLY

ROBERT W. ROGERS, D. O.

LIFE is a constant warfare between Nature's forces of repair and decay. It is a long continuing struggle with environment and the artificial conditions of modern life.

It was Euripides, the famous tragedian of Athens, who said, over four hundred years B. C., "Not to be born at all is best, next to die as soon as possible." The struggle didn't seem worth while to Euripides and yet, if history tells the truth, he was not any more anxious to quit this life than our melancholiacs of today—who, while lamenting their existence upon this planet, object strenuously to leaving it for another. Possibly Euripides had a bad liver, perhaps he didn't take enough exercise, or maybe the food he ate determined his unhappy mental attitude. Surely, he had not learned the secret of rest, relaxation and the pleasures of service to others. Selfishness is one of the greatest of all causes of unhappiness, and, in turn, unhappiness is a certain cause of many physical disorders.

It is only within the last few years that we have learned about the part played by the so-called endocrine glands, such as the thyroid, parathyroid, thymus adrenals, pituitary, etc. Very often mental depression can be traced to disordered function of one or more of these glands which pour out their secretions into the blood stream. The composition of the blood is dependent, not only upon the food we eat and the air we breathe, but also upon the action of certain of these glands which secrete certain substances into the blood stream which, in turn are carried to different parts of the body.

Just as there may be sublaxations and dislocations of the structural framework of the body, so may there be a mental dislocation of a patient, with its state of pessimism, morbid pre-occupation and melancholia.

It is a demonstrated fact that the cells of the spinal cord, and all the nerves of the body may be injured, not only by germs and various poisons, but by disturbances of the blood supply. Any disturbance to the blood supply to any part of the nervous system will be followed by either functional or organic disorder. A

normal nervous system is dependent upon a normal blood supply. Melancholia is nothing more or less than a poorly nourished nervous system, whether this lack of nourishment is due to the character of the blood stream or its faulty circulation is for your physician to decide. Melancholy does not come to a mentally, morally or physically sound person. He who is melancholy lacks the strength to live and the courage to die. Those who are depressed and melancholy can do no better than to find the physical basis for their mental conditions. Their salvation rests in a reconstruction of the mind and body through physical and mental adjustment.

And, as George Moore has said, "So long as one does not despair, so long as one does not look upon life bitterly, things work our fairly well in the end."

Plainfield, N. J.

LITTLE ILLS

H. F. MORSE, D. O.

GREAT trees from little acorns grow," and it is just as true that great pains grow from comparatively insignificant ones. The plucking of the acorn when it first began to sprout would have required little effort; the removal of a mammoth oak is by contrast a gigantic task. In nearly all cases where disease baffles medical skill there was a time when a cure could have been effected easily.

A case that has just come to the writer's notice will illustrate this. A lady who had suffered two years from neuralgia in part of the right half of the face, so intense at times that eating or talking would bring on the most excruciating pain, called an osteopath. The drugs of many doctors had failed to modify it. Examination showed a very slight dislocation of the jaw bone that was the cause of the trouble through pressure on branches of the nerve to the face. A very simple matter to cure it, you say. Not so. After the result of the examination had been made known, the doctor was told that the first doctor who made an examination (two years before) said it seemed as if there was a slight dislocation. THEN its replacement and the cure of the condition would

have been a simple matter. Now the condition has existed so long that the possibility of replacement is slight.

Numerous similar cases might be cited where prompt attention to a slight ailment would prevent the occurrence of a grave condition. Often the osteopath hears the story: "Ten years ago I had a fall and ever since then I've had pain in my back when I became fatigued." Now the patient learns that the pain in the back was caused by a twist of one of the vertebrae and that that twisted vertebrae pressed on nerves that supplied the liver, irritating them constantly and set up a chronic liver trouble that will require two or three months treatment to cure. Probably from two to six treatments would have corrected the abnormality when it first appeared.

The complaint may be thus: "About fifteen years ago I had a severe wry-neck and since that time there has been a little pain on one side of the neck and the muscles on that side seem to be contracted. I have had wry-neck on that side several times since and sometimes, after a long day's work at my desk, the pain will stream down from my shoulder as far as the elbow and at times even to the wrist. Most doctors call it rheumatism, some have called it neuralgia, and one said it was neuritis. I have used plasters, blisters, liniments and salves and have taken medicines by the barrel, but it has grown slowly and steadily worse." Examination reveals a displaced vertebrae in the neck, perhaps caused by the pulling of a contracted muscle at the time of the first wry-neck and aggravated by each succeeding wry-neck or perhaps caused in some other manner and itself the cause of the first wry-neck. It may take twenty treatments now to relax the muscles, stretch the contracted ligaments and correct the displaced vertebra. A complete correction may be impossible. It would have been a simple matter fifteen years ago.

Here are two cases that show a marked contrast. A young man, in the midst of an exciting basketball game, suddenly felt a sharp pain in the right foot. He, with difficulty finished the game. An M. D. "worked the foot" and gave some relief. Discomfort continued and each time he exercised in the gymnasium or used the foot much the pain returned. He sought an osteopath. The tenderness was found to be localized at a joint formed by two of

the long bones of the foot and, after a few minutes work to loosen up the joint, a properly directed movement set the dislocated bone with a snap. The patient was seen four months afterward and had experienced no more trouble with the foot. The other case had a different story. A man of fifty, who worked in a machine shop, strained his foot while lifting a piece of machinery. The condition of the foot was practically the same as in the first case. Liniments and bandages were prescribed. The foot became a little better, feeling all right in the morning but aching and paining toward night. Pressure of the dislocated bone weakened the nerves. As a result the arch of the foot gradually dropped down. When the man sought an osteopath, a year or so after the accident, the condition was such that a complete cure was impossible, although great relief could be given.

In the rush of modern civilization we give our bodies such wear and tear that minor ills are frequent. Many of them have worn off before, and we think that the present pain or illness will too. The majority never think of doctoring a cold until it gets so severe that we are scared by the possibility of pneumonia developing and then it has such a good hold that we spend many times the amount that would have been necessary at first to effect a cure. A sore throat is a minor ill until it develops into scarlet fever, diphtheria or some other infection, becomes chronic or follows the Eustachian tube to the ear, resulting in deafness. Why do we not see to the minor ills? Because we are thrifty and want to look after the dollars. But aren't we short-sighted? The young man with the lame foot needed one treatment; the old man with the lame foot, many. The young man was cured; the old man would have given many dollars to have been cured. Sometimes we may spend a few dollars for the relief of a condition that nature would have taken care of alone, but in the long run we save many dollars and much suffering by tending to the minor ills. Above all things, see to the pain in the back or in a joint. It was put there to tell you something is wrong. If you ignore its message, its warning becomes feebler as the condition becomes chronic and, instead of a twinge of pain, you feel a dull aching when fatigued. It isn't the pain or the ache that is alarming. It simply points out to you something deeper, something wrong internally. If a strain displaces a vertebra or contracts muscles or ligaments, the resultant interference with nerves causes trouble internally. If the trouble originates internally, it sends its signal to the back over the nerves. The man or woman who heeds it is wise.

NATURE SUPREME

WE seldom realize the meaning of such common expressions as "tendency to the normal;" "*vis medicatrix naturae*;" "the power of nature;" "nature cures;" etc. We forget, or are blindly ignorant of the fact that drugs don't cure, water does not cure, heat or cold does not cure, manipulation does not cure, faith does not cure, electricity does not cure; in fact, when we get down to the underlying principle of all cures we find only one effective agency; namely, nature.

We find everywhere that the law of nature is supreme; it is never perverted; it never fails. All apparent perversions or failures are but the manifestations of another law of nature equally sure, and just as necessary to the maintenance of harmony. In the inorganic world, for example, the equilibrium of the centripetal and centrifugal forces holds the planets in their exact and never-varying courses.

Scarcely a day, yea, not an hour or even an instant passes in the lives of any of us in which nature does not assert itself and re-establish a disturbed harmony. This is done through the perfection of the organism. Is it any wonder that the Psalmist should declare that "Man is fearfully and wonderfully made," and that Dr. A. T. Still should declare that "The human body is the most perfect machine ever made?"

The osteopath only recognizes the undisputed conclusions of science and acts in accordance with those conclusions in practicing the healing art. He believes in nature; or, to put it in another way, he believes in God and His works; and he believes, furthermore, that every one who denies, in practice, the indisputable facts concerning the reality of the physical organism and its physical environments, the inter-relation between the physical and mental, the moral, and the spiritual, the absolute dependence, so far as we know, of the so-called metaphysical powers of every individual upon his physical condition, is doing violence to the truth, is practicing unwarranted, though perhaps innocent, deception, and resorting to means beneath the dignity of a scientist.—E. R. BOOTH, D. O.

